

PAL Program: Protect a Life from Food Allergies

Hello CET Families!

We will be continuing the PAL program this year for children with food allergies. For those of you not familiar with this program, it is just one of the many ways that we try to keep our children here at CET safe and healthy!

A PALs table is a lunch table that has been designated to be either nut-free or dairy-free. The nut-free table is called the "Elephant Table". The dairy-free (no milk products) table is called the "Cow Table". (This school year, the 2019-2020 school year, we will **not** be having a Cow Table.)

If your child would like to "be a pal" to our students with food allergies and sit with them at the Elephant Table during lunch, please fill out and return the slip below to their classroom teacher. **By signing up your child to sit at a PAL Table, you are agreeing to send him/her to school with a safe, peanut- and tree nut-free lunch.**

If you have any questions, please call or email me.

Thank you,

Christine Martins, RN
CET School Nurse
914-271-5184 ext.3216
christine.martins@chufsd.org

Child's Name: _____

Teacher and Grade: _____

My child would like to sit at the Elephant Pal Table during lunch on these days:

_____ **Everyday**

_____ **Specific days of the week (please circle which days):**

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

I agree to send a nut-free (no peanuts or tree nuts) lunch for my child to eat at the Elephant Table on the specified days.

Parent Signature: _____